

***We are an independent voice for the Tasmanian autism community.***

***We provide information, assistance, and resources for people on the spectrum and those who support them.***

## ***Become a member***

Membership with Autism Tasmania is **free for people who identify as being on the autism spectrum and their immediate family**. We also welcome professionals and organisations to support us by becoming financial members.

Becoming a member puts you in touch with our local community of individuals on the spectrum, parents, educators, and other professionals.

Members have access to our lending library and receive our regular email newsletter, with details of upcoming events, diverse stories from the community, and more.

Donations over \$2 are tax-deductible and help us continue to be an active voice in promoting greater understanding and better service provision for Tasmanians on the autism spectrum.

**Please contact our offices or visit our website for an application form or to make a donation.**

### **Hobart**

21 Goulburn Street  
Hobart, TAS 7000  
PO Box 4649  
Bathurst St PO  
Hobart, TAS 7000

☎ 03 6231 2745

### **Office hours**

Mon-Thu: 9am – 3pm

### **Launceston**

59D Amy Road  
Newstead, TAS 7250

☎ 03 6344 1212

### **Office hours**

Mon-Thu: 9am – 3pm

**[www.autismtas.org.au](http://www.autismtas.org.au)**



Find us on 



**About us  
and our work**



## What is autism?

Autism is characterised by observable differences in social communication and behaviour. These emerge from neurological differences in information processing and sensory perception.

**The level of support required by individuals varies from complex to subtle, so autism is known as a "spectrum" condition.** Some of the more commonly noticed characteristics include:

- Differences in expressive communication, such as discomfort with eye contact, unusual speech patterns, or difficulty using spoken language at all.
- A systematic, procedural style of thinking and problem-solving.
- Difficulty predicting and interpreting others' behaviour, understanding the unwritten rules of conversation, friendships, social cues, and expectations.
- Sensory issues, such as hypersensitivity to certain sounds, smells, touch, or visual stimuli.
- Strengths in visual-spatial information processing and attention to details others may miss.
- Strong preference for routine, engaging in repetitive movements or behaviours, and unusually intense or narrow interests.
- An ability to maintain focus on preferred tasks and topics of interest for extended lengths of time.
- Difficulty interpreting nonverbal communication and abstract or non-literal language.
- A tendency to amass a large body of detailed knowledge related to areas of interest.

**All autistic people are different - an individual may show some, all, or none of the above, and to varying extents.** Some even spend significant effort suppressing or disguising such traits in an effort to fit in.

Despite the challenges faced by many individuals on the autism spectrum, they are the same as all people in many ways, too: **each person has their own strengths, interests, and potential.**

## What we do:

*Autism Tasmania is a membership based, nonprofit organisation and registered charity comprised of individuals on the autism spectrum, parents and family, and professionals and service providers. We exist as a first point of contact for those seeking information, support, services, and training.*

### INFORMATION, LINKAGES, AND REFERRALS

We maintain a directory of Tasmanian service providers who can assist with a wide variety of support needs. Whatever you are seeking, we can discuss your needs and point you in the right direction. We can help identify providers of the following services:

- *Advocacy*
- *Assessment & diagnosis*
- *Assistive technology*
- *Sports & recreation*
- *Peer support groups*
- *Crisis services & counselling*
- *Therapy services*
- *Financial assistance & concessions*
- *Post-school services & employment*
- *Schools, childcare, and educational support*

### PARENTS' WORKSHOPS

We conduct free information sessions statewide for parents and carers. Please check our website for details of upcoming events and registration details.

**Early Days** is a series of workshops for families of children aged 0-6 either on the autism spectrum or currently navigating the assessment and diagnostic process.

**Parent Information Sessions** cover a wider variety of topics related to autism and cater to families of children of all ages.

### PROFESSIONAL TRAINING

We offer customised training and consulting services for private and government organisations in the education, disability, and health sectors.

These aim to assist professionals and support workers in developing a working knowledge of autism, common challenges, effective strategies, and best practices when working with clients on the autism spectrum.

**Contact us to discuss a program that suits your needs.**

### NDIS PLANNING

Many people on the autism spectrum are eligible to receive support through the National Disability Insurance Scheme. Our information team can provide advice on eligibility and assist with your application. Once you become a participant we can help you with pre-planning and your interactions with the NDIS.

### NDIS SUPPORT COORDINATION

We are registered as a Support Coordination service and provide this service to participants on the autism spectrum.

**We can help you:**

- *Understand your plan and options, identifying realistic and specific goals;*
- *Get the best from your NDIS plan whilst building up your capacity and confidence;*
- *Source appropriate support;*
- *Access your community successfully;*
- *Develop your capacity to manage your NDIS plan in the future; and,*
- *Prepare for your NDIS plan review by identifying your plan outcomes and developing and refining future goals.*

Talk to us about securing Support Coordination in your plan.

### OUR COMMUNITY & PEER SUPPORT

We facilitate several peer support groups and social events across the state for parents, children, and adults on the spectrum. If you are interested in joining or starting a group in your area, contact us for details or visit our website for a schedule of upcoming meetings.

